

The Beacon

Recovery is a Team Effort

Worcester Area Intergroup
100 Grove Street Suite 314 Worcester, MA. 01605
Telephone: (508) 752-9000



About Us

Worcester Area Intergroup (WAI) is an organization supporting those suffering and recovering from Alcoholism. Our monthly newsletter, The Beacon, features activities, stories, and articles from AA District 25 communities.



Worcester Area Intergroup:

"A central office (or intergroup) is an A.A. service office that involves partnerships among groups in a community — just as A.A. groups themselves are partnerships of individuals. It is established to carry out certain functions common to all groups – functions which are best handled by a centralized office – and it is usually maintained, supervised and supported by these groups in their general interest. It exists to aid the groups in their **common purpose of carrying the AA. message to the alcoholic who still suffers.**"

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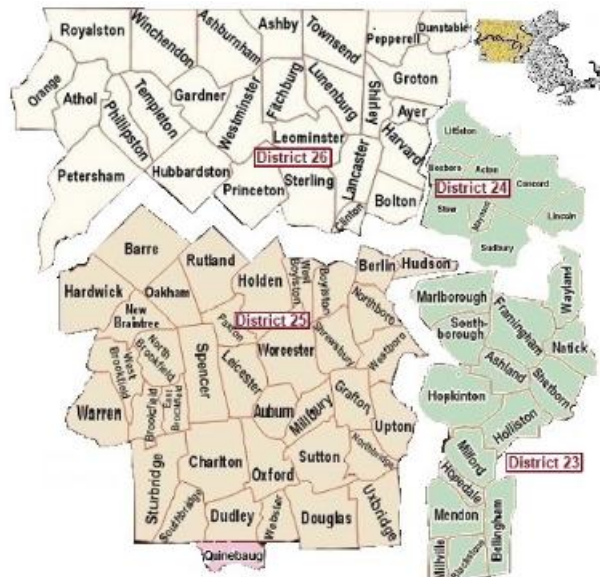
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Worcester Area Intergroup Services

www.AAWorcester.org

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[AA Meeting Lists](#)
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<https://www.aaworcester.org>

Email: Beacon@aaworcester.org

Office Manager's Update

When sending contributions electronically, please make sure you enter your Group Name in the comments section. Without a group name, the contributions get entered as Member Contributions. When mailing a check, please put the group name on the MEMO line.

You, and your group can help WAI save money! Printing and mailing a receipt are getting more and more expensive. You can opt for NO RECEIPT or EMAILED RECEIPT by calling the office during office hours or sending an email to: <mailto:steps@aaworcester.org>

We are currently preparing to print new meeting lists (in the next two months). PLEASE go through the current printed list (yellow) and email any corrections to: <mailto:meetings@aaworcester.org>

Due to current financial constraints, we are only purchasing A.A. Conference approved books and pamphlets, coins, and cards. If you need other items, you must order and pay for them in advance.

Please support our Intergroup Office by making your purchases through us instead of ordering them online elsewhere. The office depends on your purchases and contributions to remain open!

In Love and Service,
Brandy H. – Office Manager
Matt H. – Assistant Office Manager

Office Hours and Contact Information

	Office Hours	HaltLine Hours
Sunday	Closed	24 Hours
Monday	10:00 AM – 2:00 PM	24 Hours
Tuesday	10:00 AM – 3:00 PM	24 Hours
Wednesday	10:00 AM – 3:00 PM	24 Hours
Thursday	9:30 AM – 2:00 PM	24 Hours
Friday	10:00 AM – 2:00 PM	24 Hours
Saturday	9:30 AM – 2:00 PM	24 Hours

Office Contact Information:

Phone: 508-752-9000

Office email: <mailto:steps@aaworcester.org>

Office Manager email: <mailto:officemanager@aaworcester.org>

Meeting List Corrections: <mailto:meetings@aaworcester.org>

Beacon Editor: <mailto:Beacon@aaWorcester.org>

HALTline News

The HALTline needs volunteers! These volunteers answer our phone when the office is closed. The calls will be automatically forwarded to you when it is your shift. For more information, please contact Naomi at haltline@aaworcester.org.

General Service Office Update:

We are writing to provide an update regarding the forthcoming publication of the much-anticipated fifth edition of Alcoholics Anonymous. At the July 30 meeting of the A.A. World Services Board, the Publishing Committee recommended, and the full board approved, that the fifth edition hardcover be produced with a removable dust jacket and that a list price of \$20 USD be adopted. We are on track with the production process to publish the hardcover of the fifth edition, updated with 26 new stories of recovery, in February 2027.

WAI Announcements

New Telephone System

WAI has switched to a new phone system! When you call, PLEASE listen to the ENTIRE greeting. It will give you our current office hours and the extensions to select. Extension #0 is for use during office hours only, while extensions #1 and #2 will connect you to a HALTline volunteer when the office is not open. If you do not get an answer, please leave a voicemail so someone can call you back.

District News

Coming soon!

Nutrition for Recovery



Improved nutrition habits help to end the never-ending cycle of repeated alcohol abuse in people suffering from Alcoholism or also known as Alcohol Use Disorder (AUD). Alcoholism negatively impacts dietary intake, and people who misuse illicit substances have reported eating less frequently than healthy controls while favoring meals with lower nutritional value. In general, alcohol use/misuse decreases your appetite. Dips in blood sugar levels can lead to binge eating and cravings for food low in nutritional value.

Malnutrition increases the chance for relapse with those suffering from alcoholism by a rate of 40 to 60% within the first year of abstinence. Lack of vitamin B1 (thiamine) is linked to those with alcoholism and can lead to confusion, loss of muscle coordination, memory impairments, depression, planning and organizing. These symptoms can be reversed with proper nutrition. Other nutrients the body struggles to absorb with ALCOHOLISM include Amino Acids, Vitamins A, B2, B6, B9 (Folic Acid), B12, D, Iron, Magnesium and zinc. Eating foods rich in these nutrients helps the body recover and reduces the risk for relapse.

Balanced and healthy eating helps the body repair tissue damage, boost energy and serotonin uptake (mood stabilizer), and eases brain inflammation (also known as "Wet Brain"). Hydration is also key. Drinking fluids rich in electrolytes also help replenish the necessary nutrients to repair the body. Foods that help with hydration include water, broths, and water rich foods like watermelon, cucumbers, and oranges.

Healthy food sources to help retain important vitamins and minerals include:

- B1 (Thiamine): Beans, peas, lentils, pork, brown rice, and fortified cereals.
- B6 -Poultry, fish, non-citrus fruits, and starchy vegetables like potatoes and carrots
- B9 (Folic Acid): breads and other whole grains, fruits and fruit juices, nuts, beans, and peas

Good food for the brain includes:

- Carbohydrates that make Serotonin. Serotonin helps with mood regulation, better sleeping, and reduces the craving for alcohol. Sources of good carbohydrates include whole grains, leafy vegetables, peas, and beans.
- Amino Acids: Amino acids help to produce dopamine which is reduced by alcohol abuse. The intake of proteins from meats and dairy products help to support amino acids in the body.
- Fatty Acids: Omega-3 acids found in shellfish and fatty fish like salmon help to reduce inflammation. Omega-6 fatty acids help with brain transmitter activity.

Foods to Avoid:

- Processed sugar found in candies and other sweets. These sugars activate dopamine in the brain that stimulates our pleasure centers and can contribute to cravings.
- Saturated and trans fats have little nutritional value. Saturated fats include: full fat dairy products like butter, cheese, and whole milk, Saturated fats also increase LDL, or bad, cholesterol levels.

Good eating habits heal the brain and body. Eating three meals a day helps your body to feel hungry for nutritional foods and helps to limit cravings from processed snacks and alcohol. Limiting saturated fats, salt, process sugar, and caffeine will help to stabilize your appetite. Taking vitamins rich in vitamin B (vitamin B-complex), iron, and other mineral supplements also help. Don't forget food sources rich in Vitamin C to help boost our immune system as substance abuse suppresses our immune system.

Step 10 – Daily Personal Inventory



From: Hazelton Betty Ford Foundation

Step 10 AA is about staying aware and honest every day. This practice—called a personal inventory—helps you notice patterns in your thoughts and actions and protect the recovery progress you've made.

What Is Step 10 in AA?

Step 10 says: *"Continued to take personal inventory and when we were wrong promptly admitted it."*

In simple terms, this step is about checking in with yourself daily. Think of Step 10 as a quick tune-up for your emotional and spiritual health.

Benefits of Step 10 AA

Working a Twelve Step program is an ongoing process, and Step 10 is a key practice for growth and momentum. It strengthens your ability to:

- **Notice issues early** – Reflection helps you catch patterns before they lead to bigger problems
- **Support emotional balance** – Regular check-ins make it easier to manage feelings and reduce stress
- **Improve relationships** – Owning mistakes and making things right quickly builds trust
- **Create peace of mind** – Ending the day with honesty brings a sense of calm

When you practice Step 10 you're not just reviewing the day. You're building habits that support self-awareness and personal growth.

How To Do a Step 10 Inventory

You don't need hours to do this. A few minutes can make a big difference. Here are practical ways to keep your Step 10 inventory simple and effective.

- **Spot-check during the day.** Notice when you feel resentful, anxious or impatient. Ask yourself, *What's really going on?*
- **Recap before bed. Reflect on your actions.** Did you hurt someone? Did fear drive your choices? Write it down.
- **Make amends promptly.** If you've wronged someone, address it quickly. A short text or call can restore trust.
- **Use tools that work for you.** Journals, apps or AA worksheets can help keep you consistent.

Common Challenges and How to Overcome Them

- **Not sure where to start?** Pick one moment from your day that stands out—maybe a conversation that left you uneasy or a choice you wish you'd handled differently. Reflect on what happened and why.
- **Worried about admitting mistakes?** Try writing down one thing you'd like to do better tomorrow. This keeps the focus on progress, not regret.
- **Struggling to spot patterns?** Pay attention to feelings like irritation, fear or resentment. These are signals to pause and ask what's behind them.

What Comes After Step 10?

Working a Twelve Step program is an ongoing process, and Step 10 is a key practice for growth and momentum. If you're curious about what else is involved, explore: , [Step 12](#), [Steps 1–3](#)

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